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## ABSTRACT

Using primary source documents, this teaching unit focuses on changing women's roles, growing awareness of gender inequities, and activist responses to these conditions in the United States between 1820 and 1860. Teacher background materials include a unit overview, correlation to National Standards for United States History, unit objectives, a lesson plan list, and an Introduction to the Antebellum Women's Movement. Five lessons examine: (1) "The 'Separate Spheres' and 'Cult of True Womanhood' Doctrines"; (2) "Women's Work Outside Their Homes"; (3) "Antebellum Temperance and Abolitionist Movements"; and (4) "The Antebellum Women's Movement." Each lesson includes a variety of ideas and approaches for implementation, student resources in the form of primary source documents, handouts, and a bibliography. (MM)